



COURSE OUTLINE : PE 110
D Credit – Degree Applicable
COURSE ID 003016
Cyclical Review: November 2018

COURSE DISCIPLINE : PE
COURSE NUMBER : 110
COURSE TITLE (FULL) : Indoor Cycling I
COURSE TITLE (SHORT) : Indoor Cycling I

CATALOG DESCRIPTION

PE 110 offers instruction in indoor cycling, a low-impact, non-weight-bearing physical activity, enhancing cardiorespiratory and muscular performance, and promoting mental and emotional well being. Various cycling routines are performed on a stationary spinning bicycle accompanied by both auditory and visual cues.

Total Lecture Units:0.00

Total Laboratory Units: 1.00

Total Course Units: 1.00

Total Lecture Hours:0.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class Hours: 0.00

Prerequisite: None.



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Perform moderate daily physical activities;	Yes
2				demonstrate and maintain a positive attitude.	Yes

EXIT STANDARDS

- 1 Perform a continuous indoor cycling workout using proper cycling technique;
- 2 calculate target heart rate zones for the purpose of establishing a safe, effective personal indoor cycling workout;
- 3 explain the basic principles of exercise, as they apply to indoor cycling;
- 4 analyze the effectiveness of the non-weight bearing, low-impact indoor cycling exercise, as compared to other aerobic activities, with respect to injury prevention.

STUDENT LEARNING OUTCOMES

- 1 demonstrate and apply safety rules and procedures to effectively participate in a physical movement environment;
- 2 demonstrate proper bike set-up;
- 3 analyze their progress using the MYZONE web-based system.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Cycle preparation and personal set-up for safety and injury prevention <ul style="list-style-type: none"> • Physical Education • Seat adjustment • Handlebar position • Pedal strap set-up • Flywheel with resistance adjustment • Hydration and dress for indoor cycling 	0	12	12



2	Body positioning while cycling for safety and injury prevention <ul style="list-style-type: none"> • Getting on and off the cycle • Seated positions • Standing positions: when to perform and proper form • Handle bar grip position • Pedaling resistance/form 	0	12	12
3	Cycling Performance and Profile Rides <ul style="list-style-type: none"> • Perform cycling rides with profiles • Ride evaluation • Calculating Target Heart Rate (THR) for determination of exercise intensity 	0	30	30
				54

OUT OF CLASS ASSIGNMENTS

- 1 self evaluation of cardio improvement (e.g. evaluation of MyZone fitness profile);
- 2 written analysis (e.g. a written analysis of physical and emotional benefits related to cycling);
- 3 written description of risks of indoor cycling as compared to other physical activities.

METHODS OF EVALUATION

- 1 midterm assessment;
- 2 group project (e.g. groups create their own rides and perform);
- 3 final exam.

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study



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- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Instructor-generated reading materials.							